

## **Amherst Council on Aging Minutes October 31, 2002**

**Members Present:** Barbara Melrose, Janice Denton, Sara Wolff, Jean Haggerty, Henry Peirce, Liz Massey, Elsie Fetterman, Isaac BenEzra **Absent:** Doris Mundo

**Staff Present:** John Clobridge, Nancy Pagano, Barbara Slovin

**Guests:** Dolly Jolly (Selectboard Liaison), Shirley Packard (Member, Health Advisory Committee), Joan Fraser (Information Systems) and Isham Nashbendi

**Minutes of October 3<sup>rd</sup> Meeting** accepted as read. Clarification was asked by members absent at the 10/3 meeting as to what "adjusted" gross income means in the requirements for the Tax Work-Off Plan. Barbara Slovin said that a certain amount of Social Security income was excluded from the \$30,000.

**Senior Trust Treasurer's Report** (see attached). John requested \$107.78 for the Senior Center's gas bill 7/10-10/1. VOTED to pay this bill

### **Director's Report**

**M.C.O.A. Conference** John had mailed out materials on the M.C.O.A. Annual Conference he attended October 17-18<sup>th</sup> in Falmouth. John will be Vice-President for Legislation. Isaac would like more specifics in writing on the conference issues that were relevant so that the C.O.A. can know what actions it can take.

**W.M.A.C.A.** John will send information to C.O.A. members on the WMACA meeting on November 18<sup>th</sup>.

**Budget Preparation** John expects that the FY03 budget for the C.O.A. will be the same as last year. Any input from the C.O.A. needs to happen by November 15<sup>th</sup>. Isaac wants the "vision" committees to have more input into molding the budget in the future. Sara feels that the C.O.A. needs to know time frames for budget preparation well in advance in order to have input.

### **Program Director's Report**

**New Retirees Meeting** Barbara, Nancy and John held a special seminar for new retirees 10/28. Participants were given folders with tips for retirement and much other useful information.

Staff invited four retirees they consider to be "successfully retired" to join the seminar to share their stories and advice with the new retirees. Refreshments were served and participants felt that it was a very useful seminar. C.O.A. members requested copies of the handouts and they were provided at the end of the mtg.

**C.O.A. Web Site Under Construction** The Town's Information Services Department is hard at work helping Town departments set up their web sites. Joni Fraser from IS has been working closely with Nancy over the last three weeks and the Senior Center's web site and links are progressing very well. Joni attended the C.O.A. meeting to update members on the process and to invite them to have input. Council members need to let Nancy know if they feel comfortable having their phone numbers and email addresses on the web site. A suggestion was made to have links to other agencies serving seniors on the site.

**Handouts** Nancy passed out two memos--an update on the senior van and the Senior Center's Annual Report for FY02 which will be printed in the Town report.

### **Committee Reports**

#### **Wellness**

Sara read the statement of purpose of the Wellness Committee:

To continue to define which wellness activities are most appropriate to our Senior Center and to have as many of these activities at the Center as possible. To add to, to advertise, and to attract seniors to the considerable number of wellness activities already offered. To continue to do research on available space, equipment, and supervision for a fitness center, in order to be able to recommend a program of high quality that would ensure seniors' health and safety. To look for funding for such a fitness center. To investigate the possibility of taking seniors to existing fitness centers until a program of high quality is in place at our Senior Center.

A working definition of a Wellness Center: A place to promote maximum physical, emotional, social, intellectual, and spiritual health. It is a place that offers preventative care to enhance our ability to live our lives to the fullest and encourages a positive outlook.

## **Committee Reports (continued)**

### Grants Committee

This committee didn't meet. Elsie and John did mention the \$3,000 we'll get from H.V.E.S. for respite care for family caregivers and there is no income means test for recipients. Committee will present their vision statement at the next meeting.

### Facilities Committee

The committee presently is comprised of Henry Peirce and John—more members are needed. John passed out a “pre-draft” vision statement which is: “To find appropriate space inside and outside the Bangs Community Center to accommodate Amherst senior services and programming and to collaborate with all parties in Town that will (sic) help quicken the process and improve the result.” Isaac wants the C.O.A. to be part of the Town's process in physical plant growth planning.

### Transportation Committee

Jean Haggerty presented the committee's statement of purpose and goals (see attached). Sara suggests adding a goal of teaching seniors how to use public transportation. There were questions by members as to political importance, fees for services, how to donate to transportation. Isaac would like future agendas to include transportation issues.

### Highland Valley

Elsie handed out minutes of meetings Elsie has attended. Elsie encourages everyone to check out the Highland Valley web site: *HighlandValley.org*.

## **Nursing Center Report—“The First Four Years”**

Director of the Nursing Center Cheryl Smith, RN, MSN, FNP, gave a comprehensive presentation of the Nursing Center and its mission: to help seniors stay healthy. . She showed examples of handouts she uses such as File of Life and blood pressure file cards and gave a wealth of information via charts and graphs. Each COA member received a large packet of information to keep. Cheryl is much appreciated for her outstanding senior health program.

Sara is the C.O.A. representative to the Nursing Advisory Committee and reports that they have been working on the policy statement.

## **Old Business**

Due to the lateness of the hour, old business was tabled and the meeting adjourned at 10:33 AM.

## **Respectfully submitted by Nancy Pagano and Jean Haggerty**

### **Attachments:**

- Transportation Committee Statement of Purpose and Goals
- Annual Report
- Van Memo